

HIIT Workout

No equipment home workout

Warm-up for 5-10 minutes. Then, do each exercise for 30 seconds each, and take breaks as needed or after each round. Try to complete 3-5 rounds. Modify exercises as needed. You can click on the exercises for video tutorials. Finish with a cool-down and stretching.

1. High knees
2. Burpees (modify: half-burpee)
3. Quick feet
4. Mountain climbers (modify: against wall)
5. Squat jumps (modify: squats)
6. Jumping jacks (modify: tap out)
7. Side shuffle touches
8. Wide squat jacks (modify: step into wide squat)
9. Alternating Standing Donkey kicks
10. V-ups (modify: one leg at a time)

*** You are exercising at your own risk. Consult with your doctor before beginning any new exercise.**

For more information

www.ShakopeeMN.gov/communitycenter

